

HEALTH PROMOTION

Sat, 12 Feb 2005

Health Promotion

Closed Meeting No. **19001**

NAVAL RESERVE ADVISORY BOARD MEETING

2 Day(s)

Time: 0800 - 1640

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1640	Naval Reserve Advisory Board Meeting	LCDR M. E. DUNSMORE, NC, USN

Sat, 12 Feb 2005

Health Promotion

Course No. **19000**

SEXUAL PARTNER COUNSELING AND REFERRAL

1 Day(s)

Time: 0800 - 1440

Focus: Improve the ability of Naval health care and health care support professionals to work with patients infected with sexually transmitted infections to bring their sexual partners to testing, treatment, and prevention counseling.

Objective: Identify basic facts concerning PCRS purpose, contact tracing periods, PCRS concepts, PCRS options, and PCRS steps. Demonstrate steps 1-5 of the 11-step model.

Intended Audience: Physicians, IDCs, nurses, PMTs, PM reps, PM Petty Officers and family counselors

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1440	Sexual Partner Counseling and Referral	MR M. R. MACDONALD, BS

Sat, 12 Feb 2005

Health Promotion

Course No. **19002**

TOBACCO FACILITATOR TRAINING 101

1 Day(s)

Time: 0800 - 1640

Focus: Train new tobacco cessation facilitators the skills to help smokers and dippers quit nicotine dependence.

Objective: Explain how to start and implement a Tobacco Cessation Group. Facilitate a tobacco cessation group using the American Cancer Society Fresh Start Program. List at least three evidence-based strategies to help with the quitting and staying quit process.

Intended Audience: Health Promotion Coordinators/Directors, IDCs, nurses, other health professionals

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800 - 0815	Course Introduction	MS P. L. BURNS, MS

		DR M. A. LONG, ED.D. MR L. MARTINEZ, MPH MS S. M. YOUNGERMAN, BS
0815 - 0900	Tobacco Facilitator Skills	DR M. A. LONG, ED.D.
0900 - 0940	Adult Learner Characteristics	MS P. L. BURNS, MS
1000 - 1045	Tobacco Stages of Change and Addiction	DR M. A. LONG, ED.D.
1045 - 1140	Getting Ready for Group and Session 1	MR L. MARTINEZ, MPH
1300 - 1345	Groups Session 2 & 3	MS S. M. YOUNGERMAN, BS
1345 - 1415	Medications	MS P. L. BURNS, MS
1415 - 1440	Group Session 4	MR L. MARTINEZ, MPH
1500 - 1600	Role Play and Teachback	MS P. L. BURNS, MS DR M. A. LONG, ED.D. MR L. MARTINEZ, MPH MS S. M. YOUNGERMAN, BS
1600 - 1620	Program metrics	DR M. A. LONG, ED.D.
1620 - 1640	Common Issues	MS P. L. BURNS, MS

Sat, 12 Feb 2005

Health Promotion-Interdisciplinary

Course No. **25019**

PATIENT-CENTERED PREVENTION COUNSELING COURSE (2- DAY)

2 Day(s)

Time: 0800 - 1640

Focus: To improve the ability of health care providers to support individuals in making behavior changes that will reduce their risk of experiencing adverse health events, whether due to an accident, non-accidental trauma, acute illness, or chronic medical conditions.

Objective: Identify health issues that can be improved by providing patient-centered prevention counseling. Demonstrate how to apply counseling concepts, techniques, and skills that are patient-centered. Demonstrate the six steps of prevention counseling.

Intended Audience: Physicians, nurses, dieticians, health educators, select Corpsmen and Medics who counsel patients on lifestyle risk reduction or are involved with clinical preventive services

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1640	Patient-Centered Prevention Counseling	MR S. E. HEASTON, MPH, BSN MRS S. J. VICKERS, MS

Sun, 13 Feb 2005

Health Promotion

Closed Meeting No. **19001**

NAVAL RESERVE ADVISORY BOARD MEETING

2 Day(s)

Time: 0800 - 1640

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1640	Naval Reserve Advisory Board Meeting	LCDR M. E. DUNSMORE, NC,

Sun, 13 Feb 2005

Health Promotion

Course No. **19003****SHIPSHAPE PROGRAM FACILITATOR/INSTRUCTOR TRAINING**

1 Day(s)

Time: 1300 - 1640

Focus: ShipShape Program Facilitators/Instructors will receive a program overview and be trained on the implementation and evaluation of the ShipShape Program

Objective: Discuss components and format of the ShipShape (SS) Program, explain referral process into the SS program, state evaluation and reporting process for SS program, explain how to get the program started and the partnership aspect of SS program, identify resources available to support weight management efforts.

Intended Audience: ShipShape Program Facilitators/Instructors ONLY

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1350	Administrative Responsibilities of Program Facilitator/Coordinator	MS S. M. LOWRY, BS
1350 - 1440	Review of Program Sessions 1, 2, & 3	MS S. M. LOWRY, BS
1500 - 1550	Review of Program Sessions 4, 5, & 6	MS L. A. THOMAS, MS
1550 - 1630	Review of Program Sessions 7, & 8	MS L. A. THOMAS, MS
1630 - 1640	Navy other resources of program and self-help weight management information	MS L. A. THOMAS, MS

Sun, 13 Feb 2005

Health Promotion-Interdisciplinary

Course No. **25019****PATIENT-CENTERED PREVENTION COUNSELING COURSE (2- DAY)**

2 Day(s)

Time: 0800 - 1640

Focus: To improve the ability of health care providers to support individuals in making behavior changes that will reduce their risk of experiencing adverse health events, whether due to an accident, non-accidental trauma, acute illness, or chronic medical conditions.

Objective: Identify health issues that can be improved by providing patient-centered prevention counseling. Demonstrate how to apply counseling concepts, techniques, and skills that are patient-centered. Demonstrate the six steps of prevention counseling.

Intended Audience: Physicians, nurses, dieticians, health educators, select Corpsmen and Medics who counsel patients on lifestyle risk reduction or are involved with clinical preventive services

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1640	Patient-Centered Prevention Counseling	MR S. E. HEASTON, MPH, BSN MRS S. J. VICKERS, MS

Mon, 14 Feb 2005

Health Promotion

Session No. **19004**

NAVY HEALTH PROMOTION PROGRAM UPDATE

1 Day(s)

Time: 1300 - 1640

Objective: Describe efforts and activities regarding Health Promotion programs and Preventive Services offered from the Dept. of Veteran Affairs. Describe the current and future plans for the various Navy HP Program content areas.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300-1640	Navy Health Promotion General Session	CAPT B. K. BOHNER, MC, USN CDR S. M. PYLE, NC, USN

Tue, 15 Feb 2005

Health Promotion-Interdisciplinary

Session No. **25004**

OPERATION IRAQI FREEDOM (OIF) - MORNING SESSION (INTERDISCIPLINARY)

1 Day(s)

Time: 0800 - 1140

Objective: Describe the experiences and lessons learned from physicians, industrial hygienists, environmental health officers, deployed in support of Operation Iraqi Freedom.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800 - 0825	PMT Experiences During Operation Iraqi Freedom	
0825 - 0850	EHO Employment During Operation Iraqi Freedom	LCDR J. HERBST, MSC, USN
0850 - 0940	Navy Entomologist Employment During Operation Iraqi Freedom	LT J. J. ENGLISH, MSC, USNR
1000 - 1050	IHO Employment During Operation Iraqi Freedom	LCDR R. D. STIFF, MSC, USN
1050 - 1140	FDPMUs' Employment During Operation Iraqi Freedom	LCDR J. HERBST, MSC, USN

Tue, 15 Feb 2005

Health Promotion

Session No. **19013**

(BREAKOUT SESSION A) USING METRICS TO EVALUATE PROGRAM EFFECTIVENESS

1 Day(s)

Time: 1000 - 1140

Objective: Identify program metrics recommended by Navy and DoD HP program leaders, develop evaluation efforts that yield findings useful for accountability to diverse stakeholders and ongoing program improvement, identify typical mistakes in program evaluation planning and implementation.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000 - 1015	HP Program Metrics recommended by Navy and DoD HP Program leaders	MR P. E. MORO

1015 - 1110	Development of evaluation efforts that yield useful findings	MR P. E. MORO
1110 - 1140	Recognizing and addressing typical program evaluation mistakes	MR P. E. MORO

Tue, 15 Feb 2005

Health Promotion

Session No. **19012**

(BREAKOUT SESSION A) SEXUAL RISK ASSESSMENT IN THE PRIMARY CARE SETTING

1 Day(s)

Time: 1000 - 1140

Objective: Describe and demonstrate the use of a brief risk assessment and intervention technique using a 6-step client-centered model; explain the feasibility of assessing sexual risk behavior among routine outpatients.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000-1140	Sexual Risk Assessment in the Primary Care Setting	MR M. R. MACDONALD, BS

Tue, 15 Feb 2005

Health Promotion

Session No. **19011**

(BREAKOUT SESSION B) CONDUCTING A PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

1 Day(s)

Time: 1400 - 1440

Objective: List at least two tools that could be used to conduct a physical activity environmental assessment, discuss how to use the results of a physical activity environmental assessment in planning effective community physical activity programs and services.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1400 - 1420	Assessment tools for conducting a community physical activity assesement	MS D. M. SETTLES, MS
1420 - 1440	Utilizing the results of a community assessment in developing effective programs and services	MS D. M. SETTLES, MS

Tue, 15 Feb 2005

Health Promotion

Session No. **19010**

(BREAKOUT SESSION A) CONDUCTING A PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

1 Day(s)

Time: 0900 - 0940

Objective: List at least two tools that could be used to conduct a physical activity environmental assessment, discuss how to use the results of a physical activity environmental assessment in planning effective community physical activity programs and services.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
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0900 - 0920	Assessment tools for conducting a community physical activity assesement	MS D. M. SETTLES, MS
0920 - 0940	Utilizing the results of a community assessment in developing effective programs and services	MS D. M. SETTLES, MS

Tue, 15 Feb 2005

Health Promotion

Session No. **19009**

(BREAKOUT SESSION B) THE GUIDE TO COMMUNITY PREVENTIVE SERVICES

1 Day(s)

Time: 1400 - 1440

Objective: Describe the information contained in "The Guide to Community Preventive Services, list at least three strategies recommended in The Guide to promote the increase of physical activity, describe how the information/findings in The Guide can be useful to the DoD community.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1400 - 1415	The Guide to Community Preventive Services: Systematic Reviews and Evidence-Based recommendations.	DR C. R. WHITE, PHD, MPH
1415 - 1425	Recommended strategies to increase physical activity	DR C. R. WHITE, PHD, MPH
1425 - 1440	Use of The Guide by the DoD community	DR C. R. WHITE, PHD, MPH

Tue, 15 Feb 2005

Health Promotion

Session No. **19008**

(BREAKOUT SESSION A) THE GUIDE TO COMMUNITY PREVENTIVE SERVICES

1 Day(s)

Time: 0900 - 0940

Objective: Describe the information contained in "The Guide to Community Preventive Services", list at least three strategies recommended in The Guide to promote the increase of physical activity, describe how the information/findings in the Guide can be useful to the DoD community.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0900 - 0915	The Guide to Community Preventive Services: Systematic Reviews and Evidence-Based Recommendations.	DR C. R. WHITE, PHD, MPH
0915 - 0925	Recommended strategies to increase physical activity	DR C. R. WHITE, PHD, MPH
0925 - 0940	Use of The Guide within the DoD community	DR C. R. WHITE, PHD, MPH

Tue, 15 Feb 2005

Health Promotion

Session No. **19007**

OPERATIONAL STRESS

1 Day(s)

Time: 0800 - 0850

Objective: Define operational stress, list several examples of operational stress experienced by Navy and Marine Corps

personnel serving in Operation Iraqi Freedom (OIF), list at least three strategies useful in coping operational stress

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800 - 0810	Definition of Operational Stress	CAPT R. KOFFMAN, MC, USN
0810 - 0830	Examples of Operational Stress	CAPT R. KOFFMAN, MC, USN
0830 - 0850	Coping strategies to handle Operational Stress	CAPT R. KOFFMAN, MC, USN

Tue, 15 Feb 2005

Health Promotion

Session No. **19006**

(BREAKOUT SESSION B) DISORDERED EATING IN THE DOD ACTIVE DUTY POPULATION

1 Day(s)

Time: 1400 - 1440

Objective: Compare the prevalence of eating disorders in the military to the general population, identify signs and symptoms of disordered eating, define the multidisciplinary approach to treatment of disordered eating

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1400 - 1410	Prevalence of Eating Disorders within each branch of service	LT J. L. ROGERS, SP, USA
1410 - 1425	Signs and symptoms of disordered eating	LT J. L. ROGERS, SP, USA
1425 - 1440	Multidisciplinary Team approach to treatment of disordered eating	LT J. L. ROGERS, SP, USA

Tue, 15 Feb 2005

Health Promotion

Session No. **19005**

(BREAKOUT SESSION A) DISORDERED EATING IN THE DOD ACTIVE DUTY POPULATION

1 Day(s)

Time: 0900 - 0940

Objective: Compare the prevalence of eating disorders in the military to the general population, identify signs and symptoms of disordered eating, define the multidisciplinary team approach to treatment of disordered eating

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0900 - 0910	Prevalence of eating disorders within the DoD by branch of service	LT J. L. ROGERS, SP, USA
0910 - 0925	Signs and symptoms of disordered eating	LT J. L. ROGERS, SP, USA
0925 - 0940	Multidisciplinary Team approach to treating disordered eating	LT J. L. ROGERS, SP, USA

Tue, 15 Feb 2005

Health Promotion

Session No. **19035**

(BREAKOUT SESSION B) THE NUTS & BOLTS OF NUTRITIONAL SUPPLEMENTS

1 Day(s)
 Time: 1500 - 1640

Objective: List three reasons that consumers take supplements, describe the safety and effectiveness of three popular supplements, state the factors to consider when evaluating a supplement.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1515	Reasons why consumers take supplements	MS L. TUBBS, MS, RD
1515 - 1545	Safety and effectiveness of most popular supplements	MS L. TUBBS, MS, RD
1545 - 1640	Criteria to consider when evaluating and considering the selection of supplements	MS L. TUBBS, MS, RD

Tue, 15 Feb 2005

Health Promotion Session No. **19017**

(BREAKOUT SESSION B) TOBACCO CESSATION PANEL DISCUSSION: WHAT WORKS

1 Day(s)
 Time: 1500 - 1640

Objective: Discuss the strategies that are effective in delivering a successful Tobacco Cessation Program, list at least two program models that could be used in delivering an effective Tobacco Cessation program.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1550	Strategies to deliver effective tobacco cessation efforts	MS T. L. HOLLEY, MS CDR S. C. KELLER, MC, USPHS MR R. SLOAN, MS CAPT L. N. WILLIAMS, DC, USN
1550 - 1640	Program models to deliver an effective tobacco cessation program	MS T. L. HOLLEY, MS CDR S. C. KELLER, MC, USPHS MR R. SLOAN, MS CAPT L. N. WILLIAMS, DC, USN

Tue, 15 Feb 2005

Health Promotion Session No. **19016**

TOBACCO CESSATION: IMPLEMENTING WHAT WORKS

1 Day(s)
 Time: 1300 - 1350

Objective: Discuss the current efforts of the CDC in fighting the war on tobacco, list at least two DHHS resources available to support DoD efforts to reduce tobacco use

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1330	CDC Tobacco Cessation efforts & success stories	MS A. C. ROSENTHAL, MPH
1330 - 1350	DHHS resources available to support DoD commands in providing tobacco cessation programs and services	MS A. C. ROSENTHAL, MPH

(BREAKOUT SESSION A) THE NUTS & BOLTS OF NUTRITIONAL SUPPLEMENTS

1 Day(s)

Time: 1000 - 1140

Objective: List three reasons that consumers take supplements, describe the safety and effectiveness of three popular supplements, state the factors to consider when evaluating a supplement.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000 - 1015	Reasons why consumers take supplements	MS L. TUBBS, MS, RD
1015 - 1100	Safety and effectiveness of most popular supplements	MS L. TUBBS, MS, RD
1100 - 1140	Criteria to consider when evaluating and considering the selection of supplements	MS L. TUBBS, MS, RD

Tue, 15 Feb 2005

(BREAKOUT SESSION B) USING METRICS TO EVALUATE PROGRAM EFFECTIVENESS

1 Day(s)

Time: 1500 - 1640

Objective: Identify program metrics recommended by Navy and DoD HP program leaders, develop evaluation efforts that yield findings useful for accountability to diverse stakeholders and ongoing program improvement, identify typical mistakes in program evaluation planning and implementation.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1515	HP Program Metrics recommended by Navy and DoD HP Program leaders	MR P. E. MORO
1515 - 1610	Development of evaluation efforts that yield useful findings	MR P. E. MORO
1610 - 1640	Recognizing and addressing typical program evaluation mistakes	MR P. E. MORO

Tue, 15 Feb 2005

OPERATION IRAQI FREEDOM (OIF) - AFTERNOON SESSION (INTERDISCIPLINARY)

1 Day(s)

Time: 1300 - 1630

Objective: Describe the experiences and lessons learned from physicians, industrial hygienists, environmental health officers, deployed in support of Operation Iraqi Freedom.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1350	Threats to Health Posed By Poor Air Quality at Port Shuaiba, Kuwait	

1350 - 1415	Navy Forward Deployable Preventive Medicine Laboratory Use During Operation Iraqi Freedom	
1415 - 1440	Components of a Properly Performed Environmental Site Survey	MR S. P. SORGEN, MPH
1500 - 1530	Medical Evacuation of Casualties During Operation Iraqi Freedom	
1530 - 1630	Medical Surveillance Systems Employed During Operation Iraqi Freedom	CDR S. S. SHERMAN, MC, USN

Wed, 16 Feb 2005

Health Promotion

Session No. **19022**

(BREAKOUT SESSION A) THE FIVE BEST PHYSICAL ACTIVITIES TO REDUCE LOW BACK PAIN, OBESITY, HEART DISEASE, OSTEOPOROSIS, DIABETES, AND MILITARY STRESS

1 Day(s)

Time: 1000 - 1140

Objective: List the most effective core-muscle strengthening exercises to improve hips and low back area, list the four coping strategies to better handle stress, discuss the best ways to evaluate the recommended physical activities for weight loss, strength and cardio-conditioning.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000 - 1050	Core-muscle strengthening exercises	MR R. SWEETGALL, BCHE
1050 - 1120	Coping strategies to better handle stress	MR R. SWEETGALL, BCHE
1120 - 1140	Evaluation of recommended physical activities	MR R. SWEETGALL, BCHE

Wed, 16 Feb 2005

Health Promotion

Session No. **19019**

(BREAKOUT SESSION A) PATIENT CLASS PORTAL PROGRAM

1 Day(s)

Time: 0900 - 0940

Objective: Define the role of the patient class portal, explain the three parts of the patient portal: administration, patient enrollment, and facilitator portal, demonstrate the effective use of the patient class portal.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0900 - 0905	Program introduction: development of program	DR R. L. POINTER, DPA
0905 - 0915	Elements of the portal	DR R. L. POINTER, DPA
0915 - 0930	Demonstration and Hands-on participation	DR R. L. POINTER, DPA
0930 - 0940	Questions & Answers	DR R. L. POINTER, DPA

Wed, 16 Feb 2005

Health Promotion

Session No. **19021**

MOTIVATION TO MOVE: FITTING 6,000 FOOTSTEPS INTO A FRANTIC MILITARY DAY TO REDUCE HEART DISEASE, DIABETES, OBESITY, STRESS, AND AGING

1 Day(s)

Time: 0800 - 0850

Objective: State how much physical activity is needed to stay healthy, list at least three motivational strategies for fitting more activity into a busy military day, explain how to really use a pedometer for maximum benefit

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800 - 0815	Physical Activity needs for health	MR R. SWEETGALL, BCHE
0815 - 0835	Motivational strategies to increase physical activity	MR R. SWEETGALL, BCHE
0835 - 0850	Effective pedometer use	MR R. SWEETGALL, BCHE

Wed, 16 Feb 2005

Health Promotion

Session No. **19032**

(BREAKOUT SESSION B) PRACTICAL USES OF THE STAGES OF CHANGE MODEL TO IMPROVE HEALTH PROMOTION PROGRAMS

1 Day(s)

Time: 1500 - 1640

Objective: Describe the practical uses of the Stages of Change model at the local command level, define the terms used to describe the various Stages of Change, describe how to use the tools and materials for Stages of Change programming, demonstrate how to track and trend Stages of Change data.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1515	Defining the various Stages of Change	MR R. SLOAN, MS
1515 - 1610	Practical uses of the Stages of Change Model at the local command level	MR R. SLOAN, MS
1610 - 1630	Tools and materials for Stages of Change programming	MR R. SLOAN, MS
1630 - 1640	How to track and trend Stages of Change data	MR R. SLOAN, MS

Wed, 16 Feb 2005

Health Promotion

Session No. **19031**

(BREAKOUT SESSION A) PRACTICAL USES OF STAGES OF CHANGE MODEL TO IMPROVE HEALTH PROMOTION PROGRAMS

1 Day(s)

Time: 1000 - 1140

Objective: Describe the practical uses of the Stages of Change model at the local command level, define the terms used to describe the various Stages of Change, describe how to use the tools and materials for Stages of Change programming, demonstrate how to track and trend Stages of Change data.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000 - 1015	Defining the various Stages of Change	MR R. SLOAN, MS
1015 - 1110	Practical uses of the Stages of Change model on the local command level	MR R. SLOAN, MS

1110 - 1130	Tools and materials for Stages of Change programming	MR R. SLOAN, MS
1130 - 1140	How to track and trend Stages of Change data	MR R. SLOAN, MS

Wed, 16 Feb 2005

Health Promotion

Session No. **19030**

(BREAKOUT SESSION B) HEALTH PROMOTION PROGRAMMING ON A SHOESTRING

1 Day(s)

Time: 1500 - 1640

Objective: List opportunities for partnering with 3 community based organizations which will enhance health promotion programming, list 3 organizations which provide free or low cost resources for health promotion programming, describe how to develop three health promotion displays or models appropriate for health promotion programming using readily available items.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1520	State and local coalitions as DoD Health Promotion programming partners	MS J. MANO, RN MS
1520 - 1545	National organizations that support DoD Health Promotion programming efforts	MS J. MANO, RN MS
1545 - 1640	Developing displays and models for Health Promotion programs	MS J. MANO, RN MS

Wed, 16 Feb 2005

Health Promotion

Session No. **19029**

(BREAKOUT SESSION A) HEALTH PROMOTION PROGRAMMING ON A SHOESTRING

1 Day(s)

Time: 1000 - 1140

Objective: List opportunities for partnering with 3 community based organizations which will enhance health promotion programming, list 3 organizations which provide free or low cost resources for health promotion programming, describe how to develop three health promotion displays or models appropriate for health promotion programming using readily available items.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1000 - 1020	State and local coalitions as DoD Health Promotion programming partners	MS J. MANO, RN MS
1020 - 1045	National organizations supporting DoD Health Promotion efforts	MS J. MANO, RN MS
1045 - 1140	Developing displays and models for health promotion programming	MS J. MANO, RN MS

Wed, 16 Feb 2005

Health Promotion

Session No. **19028**

(BREAKOUT SESSION B) PREVENT/DELAY TYPE 2 DIABETES

1 Day(s)
Time: 1400 - 1440

Objective: Discuss the importance of keeping low risk at low risk, define metabolic syndrome, identify at least two studies conducted on the prevention of Type 2 diabetes, list at least three HP strategies for the management of diabetic patients

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1400 - 1410	Costs associated with high risk	CAPT R. L. BRAWLEY, MC, USN
1410 - 1415	Metabolic syndrome	CAPT R. L. BRAWLEY, MC, USN
1415 - 1435	Research studies indicating lifestyle change decreasing the incidence of Type 2 diabetes	CAPT R. L. BRAWLEY, MC, USN
1435 - 1440	Health Promotion strategies to help manage diabetic patients	CAPT R. L. BRAWLEY, MC, USN

Wed, 16 Feb 2005

Health Promotion

Session No. **19027**

(BREAKOUT SESSION A) PREVENT/DELAY TYPE 2 DIABETES

1 Day(s)
Time: 0900 - 0940

Objective: Discuss the importance of keeping low risk at low risk, define metabolic syndrome, identify at least two studies conducted on the prevention of Type 2 diabetes, list at least three HP strategies for the management of diabetic patients

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0900 - 0910	Costs associated with high risk	CAPT R. L. BRAWLEY, MC, USN
0910 - 0915	Metabolic Syndrome	CAPT R. L. BRAWLEY, MC, USN
0915 - 0935	Research studies indicating lifestyle change decreasing the incidence of Type 2 diabetes	CAPT R. L. BRAWLEY, MC, USN
0935 - 0940	Health Promotion strategies to manage Type 2 diabetic patients	CAPT R. L. BRAWLEY, MC, USN

Wed, 16 Feb 2005

Health Promotion

Session No. **19026**

(BREAKOUT SESSION B) CONDUCTING A NUTRITION ENVIRONMENTAL ASSESSMENT

1 Day(s)
Time: 1400 - 1440

Objective: List at least two nutritional assessment tools available for use at their military base, discuss how to use the results of conducting a nutrition environmental assessment to better guide program planning and improve nutritional quality of foods available on their military base.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1400 - 1420	Tools available to conduct a nutrition environmental assessment	MS L. TUBBS, MS, RD

Wed, 16 Feb 2005

Health Promotion

Session No. **19025****(BREAKOUT SESSION A) CONDUCTING A NUTRITION ENVIRONMENTAL ASSESSMENT**

1 Day(s)

Time: 0900 - 0940

Objective: List at least two nutritional assessment tools available for use at their military base, discuss how to use the results of conducting a nutrition environmental assessment to better guide program planning and improve nutritional quality of foods available on their military base.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0900 - 0920	Tools available to conduct a nutrition environmental assessment	MS L. TUBBS, MS, RD
0920 - 0940	Initiating nutrition program and services utilizing the results of the nutrition environmental assessment	MS L. TUBBS, MS, RD

Wed, 16 Feb 2005

Health Promotion

Session No. **19024****EARLYBIRD SUNRISE STRIDE**

1 Day(s)

Time: 0630 - 0715

Objective: Explain the importance of proper aerobic warm-up techniques, discuss the value of walking at a 3.5 mph walking pace, explain why walking should be recommended as a simple, safe conditioning activity.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0630 - 0640	Proper aerobic warm-up techniques	MR R. SWEETGALL, BCHE
0640 - 0645	Benefits of walking at a 3.5 mph walking pace	MR R. SWEETGALL, BCHE
0645 - 0715	Hands-on walking activity	MR R. SWEETGALL, BCHE

Wed, 16 Feb 2005

Health Promotion

Session No. **19020****(BREAKOUT SESSION B) PATIENT CLASS PORTAL PROGRAM**

1 Day(s)

Time: 1400 - 1440

Objective: Define the role of the patient class portal, explain the three parts of the patient portal: administration, patient enrollment, and facilitator portal, demonstrate the effective use of the patient class portal.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
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1400 - 1405	Program Introduction: Development of Program	DR R. L. POINTER, DPA
1405 - 1415	Elements of the Portal	DR R. L. POINTER, DPA
1415 - 1430	Demonstration and Hands-on Participation	DR R. L. POINTER, DPA
1430 - 1440	Question and Answer	DR R. L. POINTER, DPA

Wed, 16 Feb 2005

Health Promotion

Session No. **19018**

THE NEW 2005 U.S. DIETARY GUIDELINES FOR AMERICANS

1 Day(s)

Time: 1300 - 1350

Objective: List the nine major messages of the Dietary Guidelines, list seven major health problems that are reduced by a proper diet and physical activity, describe the dietary patterns that are associated with achieving recommended nutrient intakes and the nutrients that are likely to be in short supply in the diet, recall the recommended proportions of dietary fat and carbohydrate needed to maintain body weight.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1310	Introduction, history and rationale for the Dietary Guidelines	CAPT S. R. BLAKELY, MSC, USPHS
1310 - 1320	Overview of the Nation's major diet-related health problems and the dietary components related to each	CAPT S. R. BLAKELY, MSC, USPHS
1320 - 1335	Overview of the New Food Guide Pyramid	CAPT S. R. BLAKELY, MSC, USPHS
1335 - 1350	Macronutrients that play a critical role in the Nation's obesity epidemic	CAPT S. R. BLAKELY, MSC, USPHS

Wed, 16 Feb 2005

Health Promotion

Session No. **19023**

(BREAKOUT SESSION B) THE FIVE BEST PHYSICAL ACTIVITIES TO REDUCE LOW BACK PAIN, OBESITY, HEART DISEASE, OSTEOPOROSIS, DIABETES, AND MILITARY STRESS

1 Day(s)

Time: 1500 - 1640

Objective: List the most effective core-muscle strengthening exercises to improve hips and low back area, list the four coping strategies to better handle stress, discuss the best ways to evaluate the recommended physical activities for weight loss, strength and cardio-conditioning.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1500 - 1550	Core muscle strengthening exercises	MR R. SWEETGALL, BCHE
1550 - 1620	Coping strategies to better handle stress	MR R. SWEETGALL, BCHE
1620 - 1640	Evaluation of recommended physical activities	MR R. SWEETGALL, BCHE

Thu, 17 Feb 2005

Health Promotion

Closed Meeting No. **19037**

DOD NUTRITION COMMITTEE MEETING

2 Day(s)

Time: 0800 - 1640

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1640	DOD NUTRITION COMMITTEE MEETING	CDR K. AL-KOSHNAW, MSC

Thu, 17 Feb 2005

Health Promotion

Session No. **19034**

PERFORMANCE NUTRITION FOR READINESS

1 Day(s)

Time: 1300 - 1640

Objective: State nutrient and fluid needs of active individuals, list the sports nutrition guidelines for military training and some special populations, identify at least three dietary supplements that can affect performance, explain how to provide sound nutritional guidance to military members according to the American Dietetic Association (ADA).

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1350	Macronutrient needs of active individuals	MS L. TUBBS, MS, RD
1350 - 1440	Sports nutrition guidelines for military members	MS L. TUBBS, MS, RD
1500 - 1540	Dietary Supplements that affect performance	MS L. TUBBS, MS, RD
1540 - 1640	Providing sound nutritional guidance to military members	MS L. TUBBS, MS, RD

Thu, 17 Feb 2005

Health Promotion

Session No. **19033**

PHYSICAL ACTIVITY FOR PERFORMANCE

1 Day(s)

Time: 0800 - 1140

Objective: Describe effective techniques for building optimum aerobic capacity, describe effective and safe strength training techniques, discuss why flexibility exercises need to be included in an individual exercise program, list at least three ways that an individual can maintain an exercise program in a confined space.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800 - 0850	Effective techniques for building optimum aerobic capacity	MS D. M. SETTLES, MS
0850 - 0940	Effective and safe strength training	MS D. M. SETTLES, MS
1000 - 1020	Flexibility exercises	MS D. M. SETTLES, MS
1020 - 1050	Innovative techniques for exercising in confined spaces	MS D. M. SETTLES, MS
1050 - 1140	Offering an effective & safe Fitness Enhancement Program (FEP)	MS D. M. SETTLES, MS

Thu, 17 Feb 2005

Health Promotion-Interdisciplinary

Session No. **25009**

INFECTION CONTROL ISSUES INTERDISCIPLINARY – PREVENTIVE MEDICINE – OCCUPATIONAL MEDICINE – CLINICAL EPIDEMIOLOGY

1 Day(s)

Time: 1300 - 1615

Objective: Understand infection control issues in various settings.

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
1300 - 1325	SARS II/Flu/URI Precautions: How to Prepare for the Worse	DR. D. A. SALISBURY, MD MHSC FACPM FRCPC
1325 - 1350	JCAHO Safety Initiatives within Existing Infection Control and Prevention Programs.	CAPT W. Z. MCBRIDE, MC, USN
1350 - 1440	Understanding Dental Infection Control within the Medical Community	
1500 - 1525	Blood-borne Pathogens: Controlling Workers' Compensation Costs Through Optimization of Your Blood-borne Pathogen Exposure Program	CDR N. A. NAITO, MC, USN
1525 - 1550	Acinetobacter: Guidelines and Measures to Control and Treat Outbreaks of Acinetobacter	LCDR K. PETERSEN, MC, USN
1550 - 1615	MRSA: Understanding Clinical Management and Epidemiological Issues	LCDR K. PETERSEN, MC, USN

Thu, 17 Feb 2005

Health Promotion

Open Meeting No. **19036**

CDC/NAVY TOBACCO PLANNING AND STRATEGIES MEETING

1 Day(s)

Time: 0800 - 1140

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1140	CDC/NAVY TOBACCO PLANNING AND STRATEGIES MEETING	MS A. C. ROSENTHAL, MPH

Fri, 18 Feb 2005

Health Promotion

Closed Meeting No. **19037**

DOD NUTRITION COMMITTEE MEETING

2 Day(s)

Time: 0800 - 1140

<u>Time</u>	<u>Topic</u>	<u>Speaker(s)</u>
0800-1140	DOD NUTRITION COMMITTEE MEETING	MS L. TUBBS, MS, RD
